

Use this form for convenient daily tracking. Remember to record all of your entries online by October 31, 2011.

## How to track your healthy behavior:

- Eat at least 1 cup of fruits and 1 cup of vegetables = 1 point
- Get 15 minutes of physical activity = 1 point
- Get 7 hours of sleep = 1 point
- Take 15 minutes or more for relaxation/meditation = 1 point
- 1. Select the date.
- 2. Check mark the activity you practiced each day (up to 4 points).
- 3. Record your points online at https://delawell.alerehealth.com!

Example:	
Nutrition	<b>V</b>
At least 15 minutes of physical activity	1
At least 7 hours of sleep	1
15 minutes of relaxation	1
Daily Total	4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
19	20	21	22	23	24
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
26	27	28	29	30	Oct 1
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
3	4	5	6	7	8
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
10	11	12	13	14	15
Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
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Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
Daily Total	Daily Total	Daily Total	Daily Total	Daily Total	Daily Total
Daily Total  17  Nutrition	Daily Total  18  Nutrition	Daily Total  19  Nutrition	Daily Total  20  Nutrition	Daily Total  21  Nutrition	Daily Total  22  Nutrition
Daily Total  17  Nutrition  Physical Activity	Daily Total  18  Nutrition Physical Activity	Daily Total  19  Nutrition Physical Activity	Daily Total  20  Nutrition  Physical Activity	Daily Total  21  Nutrition Physical Activity	Daily Total  22  Nutrition Physical Activity
	Nutrition Physical Activity Sleep Relaxation Daily Total  19 Nutrition Physical Activity Sleep Relaxation Daily Total  26 Nutrition Physical Activity Sleep Relaxation Daily Total  3 Nutrition Physical Activity Sleep Relaxation Daily Total  10 Nutrition Physical Activity Sleep Relaxation Daily Total	12 13  Nutrition Physical Activity Sleep Relaxation Daily Total  19 20  Nutrition Physical Activity Sleep Relaxation Daily Total  19 20  Nutrition Physical Activity Sleep Sleep Relaxation Physical Activity Sleep Relaxation Daily Total  26 27  Nutrition Physical Activity Sleep Relaxation Daily Total  26 27  Nutrition Physical Activity Sleep Relaxation Physical Activity Sleep Relaxation Daily Total  3 4  Nutrition Physical Activity Sleep Relaxation Daily Total  3 4  Nutrition Physical Activity Sleep Relaxation Daily Total  10 11  Nutrition Physical Activity Sleep Relaxation Daily Total  10 11  Nutrition Physical Activity Sleep Sleep Relaxation Daily Total  10 11  Nutrition Physical Activity Sleep Sleep Sleep	Nutrition Physical Activity Sleep Relaxation Daily Total	Nutrition	12   13   14   15   16





23				
Nutrition				
Physical Activity				
Sleep				
Relaxation				
Daily Total				

Total Points	
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